

The Help-One-Another Club

up to become heated. You must first get your house as cool as possible by leaving it open at night. Early in the morning, before the flies begin to come, or the air to grow warm, close everything tightly. Use no screens except in the kitchen. A house well aired at night needs no further ventilation when no fires are burning. Keep inside doors closed also, to prevent circulation. Kitchen should be shut off from the rest of the house, and only gas or blue-flame oil-stove used. Do not allow anyone to leave a door or window open even a short time, as a very few minutes will suffice to replace the cool air with warm. The rule to observe is, "when outside air is cooler than that in the house, open your doors and windows; when it is warmer, keep them closed." Keep your rooms darkened and you will have no trouble with flies. If any find their way in, lower the windows about two inches from the top, keeping shades drawn, and they will go out. Then windows must be again closed.

A. W. W., California.

A Careful Housekeeper Tells How

I NEVER throw refuse food around my house, and in the spring I have all of my house whitewashed or kalsomined. In either wash I dissolve three ounces of carbolic acid, refined, and wash the floors and paint with hot water, carbolicized; this prevents the hatching of flies. I have wire doors, and the lower sash of each window screened with mosquito netting, tacked just outside the sash. This, saturated with water, as is done in India in hot weather, also serves to cool the atmosphere within. I do without draperies of all kinds, and as far as is possible look up all unnecessary ornaments and cover all the upholstered furniture I am compelled to use with light cretonne. The house is aired in the early morning, late evening, and all night. Close all the windows, blinds and sash on the sunny side of the house early in the morning. I have lived in the country for many years, and all visitors are enthusiastic about the coolness of the house and its freedom from flies and insects, and we never suffer from the heat.

J. H. L., Indiana.

Nine Rules Which Make for Comfort in Hot Weather

DURING the extreme hot weather my house is cool and comfortable, although not well protected by trees.

Here are some of the rules I try to observe.

Remove as many carpets as possible; provide the upholstered furniture with cool linen covers, and keep the rooms immaculately clean.

Open the house at sundown, and leave it open through the night; but close early in the morning.

Keep the shutters on the sunny side tightly closed.

Have perfect-fitting screens.

Keep the kitchen closed from the other rooms.

If flies accumulate, darken the rooms, leaving a little sunlight at a door or window, where the flies will gather and may be driven out.

Use the gas-stove as much as possible.

Provide cheap wire sash curtains with brass rings and rods. Wring from cold water and hang up. This will keep the room cool if there is any air stirring.

Substitute candles for lamps, especially at bedtime; a lighted lamp makes a great difference in the temperature of a room.

G. L. S., New York.

The Help-One-Another Club Letter-Box

Let us hear from any of you who can, and the inquiries or who have some puzzling questions to ask. All contributions to the "Letter Box" are entirely voluntary. Address The Help-One-Another Club, Woman's Home Companion, Madison Square, New York City.

Questions Asked

Making Preserves Without Boiling

WILL someone please tell me how to preserve fruit, especially strawberries, without boiling the fruit? I have heard something about putting in jars and boiling the fruit after it has been sealed, but do not know just how to go about it.

M. T. E., Missouri.

A Recipe for Marshmallows Asked For

WILL someone please publish a recipe for marshmallows? Mine are always like leather.

M. T. E., Missouri.

Buttercup and Lemon Stains

I SHOULD be very glad if someone would tell me how to take the stain of wild yellow buttercup and lemon stain out of a white waist.

E. T., Ohio.

Wanted Recipe for Marble Cake

WILL someone kindly send me a recipe for marble cake?

A. F. H., Ohio.

An Exterminator for Black Ants Wanted

WILL someone tell me how I can get rid of black ants? They are larger than the small red ants, and they are in every room of the house.

F. H. J., Ohio.

An "Early Bird" Sends Her Views

KIND friends tell me I have the "coolest house in town" during stifling August. I owe it all to early rising. When sundown I turn forward the indicator on my alarm-clock, and by the time hot summer hangs oppressively over the city I have early rising so impressed upon my mind that I am up almost with the birds. At once I throw open all the windows and doors, letting in the cool, fresh night air. When the sun peeps up behind the gable of the red brick house across the way I have my home full of the breeze of the morn, which I keep penned in by closing the windows and drawing the blinds in the rooms unoccupied during the day, also on the sunny side of rooms I use. Low blinds are barricades against the sun. I have screens at doors and windows to prevent flies from parading through, and, as I have no children, it is easy for me to keep them closed so constantly as to fulfil their proper function.

Flies that by chance do gain entrance are hunted down with a small paddle. This precaution, supplementing the darkened rooms, enables me to keep in summer almost an ideal house, free from gummy fly papers, dreaded traps for the unwary and tired, and sacred against the intrusion of the most aggravating specimen of insect ever seen on earth—the fly.

W. B. K., Ohio.

To Look Cool is Half the Battle

I HAVE discovered that when a house looks cool we have gained half the victory; so in house-cleaning time I remove, if possible, everything that is suggestive of warmth. Instead of carpet or heavy rugs, I use matting, preferably in shades of green. But little dust is collected with matting, as it can be wiped up with a damp mop. On the windows I have airy lace curtains. Heavy hangings are replaced with inexpensive ones of madras. My upholstered pieces (that cannot dispense with) I cover with linen or duck, white preferably, as it is cool and easily laundered.

Over the sunniest windows I grow balloons. These serve as a screen against the intense rays of the sun, and I find it better than drawing the blinds, for the necessary air filters through, and their tender greenness is pleasing and restful to the eye.

Upstairs sleeping-rooms are aired in the early morning. The blinds are drawn when the sun's rays are hottest, and raised as soon as it goes down.

The fly question I have solved in the following manner. I have the screens put up before the flies are in evidence. I also do my cooking on a gasoline stove (gas is better) in a summer kitchen. A section of my back porch enclosed serves the purpose. It is well aired and screened against the flies. The heat and odors float out and away.

This treated our home is free from flies, is cool, easily kept clean, and withal a veritable refuge on a hot day.

M. G., Ohio.

Conquering Heat in the South

WE SOUTHERN housewives are confronted by a greater problem in "keeping the house cool in summer" than our Northern sisters for the reason that we must necessarily screen our doors and windows with screening wire mesh, fine enough to keep out the pestilent flies, innumerable varieties of bugs and the yellow-fever-germ-carrying mosquito.

When Old Pictures Have Become Discolored

WILL someone please tell how oil paintings can be cleaned when the varnish has turned dark without injury to the picture?

M. C. S., Michigan.

Questions Answered

To Take Out Ink Stains

WASH out the stains with cider vinegar; then wipe up with clean rain water and cloths, and repeat the process until all is out. Then paved a parlor carpet once by this process.

A. T. G., Ohio.

Two More Methods of Clearing Rain-Water

NUMBER I.
SPRINKLE a handful of wheat flour in a tub of water. Stir slightly on the top of the water, when it will have a milky appearance. Then let stand over night and it will be beautifully clear in the morning.

F. C. A. S., Indiana.

NUMBER II.

IT is a small cistern, pound to powder a large tablespoonful of alum; if a large, two or three times this amount. Then have some man take a long pole and stir the water round and round. This is slow and hard work at first, but keep it up until you have the water running around. Then sprinkle the alum in, and in the morning the water will be clear; all the sediment will be carried to the bottom. The amount of alum is so small that it will not injure the water.

Mrs. J. M. G., Illinois.

Despite these obstacles (screens) by removing all heavy plush curtains—substituting lace; heavy carpets—substituting matting or linoleum; keeping the windows and inner doors open to admit a draught through the house, the blinds closed when the sun shines hot on their particular side of the house, we manage to keep comparatively cool, even in our torrid climate. On extra hot days I sprinkle the floor with water, which absorbs the intense heat and has a cooling effect. I added to this we eat cooling food, such as vegetables and cereals; drink cooling drinks, like lemonade, and eschew meats, especially pork, beans and coffee.

W. F. A., Texas.

A Successful Way of Lowering the Temperature

WHEN the kitchen stove is heated I keep the doors leading from this room into the others closed. When the heat becomes intense I keep the lawn about the house quite wet by frequent use of the garden hose. If we had not plenty of shade trees I would have awnings put up wherever they were most needed.

We have long strips of cheese-cloth, which we call "coolers," cut off in lengths to fit the rooms diagonally. Two are enough for a room. Each one has a long loop at either end. Small hooks are placed high in the corner of each room a few inches below the ceiling. During the hottest weather these coolers are dipped into cold water, passed through the clothes-wringer, and suspended in the form of the letter X from the above mentioned hooks. They quickly produce a delightful coolness.

To keep out flies, I cut papers into long strips, half an inch wide, leaving an entire edge two or three inches wide. This uncut edge I wind about the end of a stick, a yard long and tie it on firmly. I use this as a whip to drive the flies out.

E. W. C., Kansas.

A Number of Cooling Suggestions

BESIDES screens at all doors and windows, I put up awnings on the south and west sides of the house. They can be made at home at small cost by using lath for the frames and ticking for covering. I have vines like the wild cucumber, run over the porches and windows. I like to plant them in window boxes with other flowers, and by keeping them well watered they cool the air as it enters the house and keep out the dust.

When the warm days come I take down all heavy curtains, scarves and bric-a-brac (which only clutter and catch dust in summer), and leave only a small rug here and there on the bare floor, and the house takes on a cool, spacious airiness.

I draw the shades well down to soften the light, and on the uncovered tables put vases of flowers or a pot of ferns. We serve breakfast and lunch with no-table covering but dollies. For dinner a green linen tablecloth, with a white doily here and there, is a refreshing change.

Necessary cooking is done early in the morning and put in the "fireless cook-stove" to finish and await serving, so my kitchen is clean and cool the rest of the day. I open all windows in the evening to admit the cool night air, and close them in the morning, except a shaded window here and there to let in the breeze. In the evening we sprinkle the street, sidewalk, grounds, and sometimes the roof, and on sultry nights we help cool the sleeping-rooms by hanging on the open doors sheets wrung out in cold water.

V. V. V., Michigan.

A Recipe for Macaroons

ONE pound of hickory-nuts, cut fine, four tablespoonfuls of flour and one teaspoonful of baking-powder sifted over them. Add one pound of powdered sugar, the whites of six eggs. Make into small balls and bake in a moderate oven. In mixing add sugar and eggs, then the nuts.

Mrs. A. K., Ohio.

To Can Peas

WHEN canning peas if a syrup is made, and the peas steamed until done, then put into the jars and covered with the syrup, they will be like fresh ones.

F. H. J., Ohio.

White Taffy

THREE cupfuls of granulated sugar, one and one half cupfuls of water, half a teaspoonful of cream of tartar. Boil all until almost hard when tested in cold water. Before pouring in cool flavor with vanilla or lemon juice. Pull until light and white.

Mrs. W. F. S., Alabama.

How to Prevent Linoleum Showing Footprints
WASH it carefully with skim-milk; this also solves the same problem on painted or highly polished hardwood floors.

J. E. C., Washington.

To T. P., Gray's River, Washington

SEVERAL copies of the song you requested have been sent to this office. If you will send name and address they will be forwarded to you.

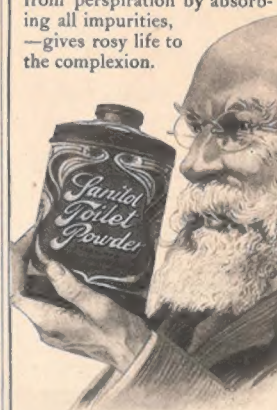
You should try Oxygen Talcum Powder

SOME of the world's best chemists have recently perfected an antiseptic and oxygen producing talcum powder, which is revolutionary. The effect of this toilet powder on the face or body is different from all others, because it contains a property which releases oxygen on being brought into contact with the moisture of the skin.

Sanitol Toilet Powder

the Oxygen talcum powder

—acts as a tonic,
—exhilarates and freshens the skin by oxygen,
—removes the cause of odor from perspiration by absorbing all impurities,
—gives rosy life to the complexion.



Physicians and Nurses say that Sanitol Toilet Powder is the only one scientifically prepared. They recommend it as a real aid to skin health. Instead of clogging the pores and hardening the skin, Sanitol enables the "breathing" pores to perform their natural functions and leaves the skin with the refreshing glow of health.

For ladies and children and for men who shave.

The manufacturers have arranged to send each reader of the *Woman's Home Companion* an individual package FREE



sufficient for a week's use. Drop a postal to-day. Regular size 25c at all druggists. The Sanitol Chemical Laboratory Co., St. Louis

GET THE GENUINE

Baker's Breakfast Cocoa



Registered U. S. Pat. Office

Made by a scientific blending of the best Cocoa beans grown in different parts of the world,—the result of 126 years of successful endeavor.

A Perfect Food

46 Highest Awards in Europe and America.

Walter Baker & Co., Ltd.

Established 1780.
DORCHESTER, MASS.

Hot Weather Desserts

By CHARLES B. KNOX

HOT WEATHER eatables bother housekeepers more to prepare than cold, for in cold weather we naturally crave something heavy and warm, while in summer we want to keep our blood as cool as possible. When it comes to luncheon, a clear soup, an entree, and a cold dessert are about all the stomach will stand. Housekeepers usually have the greatest difficulty in providing the cold dessert, but those who use Knox's Gelatine avoid all this trouble and worry. There are so many ways in which it can be used to make delicious and palatable desserts—Bavarian creams, sherberts, puddings, jellies, etc. A Knox's Gelatine dessert can be made in the cool of the morning and you do not have to spend at least an hour in preparing a pie or pudding and then keep your fire burning in order to bake it. The dessert can be made in ten minutes and if set directly on ice or in cool running water it will be ready to serve in an hour's time. There is no work attached to it and a child can make it as easily as a grown person.



For dinner, did you ever try a salad in jelly? It is very simple to make, using Knox's Gelatine, Tomatoes and Lettuce, and when it comes on the table, no matter how warm you are or how small your appetite, it looks so nice that you are bound to try it, and it tastes even better than it looks.

Some people cannot eat strawberries, as the acid affects the stomach and gives them hives. A fruit jelly made from Knox's Gelatine and fresh strawberries will cause no hives and you can enjoy the fruit. Try it! There are also a great many people who cannot drink Coffee. It disagrees with them. Do you know that the daintiest stomach in the land can digest a coffee jelly made with Knox's Gelatine? This gives one the benefit of a dessert and after dinner coffee in one with no ill effects.

My booklet "Dainty Desserts for Dainty People" contains many choice recipes. You should get it at once.

Free For the name and address of your grocer I will send my recipe book, "Dainty Desserts for Dainty People." If he doesn't sell Knox's Gelatine, send me 4c. in stamps and I will send you a full pint package, or for 16c. a two-quart package, two for 25c. (stamps taken). If you would like a copy of the handsome painting, "The First Lesson," drop me a postal card for full information how to get it.

CHARLES B. KNOX,

9 KNOX AVENUE, JOHNSTOWN, NEW YORK

Also manufacturer of the celebrated SPIM Soap, (50c.) and SPIM Ointment Cream (50c.) Send for my Free "Watch the Baby" booklet. It gives full information regarding the SPIM goods.

Tempting Dishes for Summer Breakfasts

By Fannie Merritt Farmer

NOTE—In the following recipes all measurements are made level. Measuring cups, divided into thirds or quarters are used; also tea and table measuring spoons.

"Breakfast! Summer breakfast!
Throw the casement high,
And catch the warbler's carol
On glad wings glancing by.
Set flowers upon your table
Impearled with dewdrops rare,
For still their fragrance speaks of Him
Who made this earth so fair."

"Now let us break fast together!"

BREAKFAST means many things to many men. Ask the American, the Englishman, the Frenchman, as you will, and you will know how varied the definitions will be.

The hour for taking this meal and the dishes served at it vary even among people of the same nation as much as do their circumstances and tastes. The industrious

cereals contain a large percentage of starch, in consequence of which they should be thoroughly cooked. The following points must be considered for the best results:

1. Double boiler. The utensil to be used.
2. Correct proportions of water, cereal and salt.
3. Temperature of water, boiling point—(212° F.).
4. Correct time for cooking.
5. Manner of serving.

Let us illustrate the cooking of cereals by the use of one of the wheat preparations. Have three and one half cupfuls of

sure that the spout is free from grounds. Return to the coffee-pot and add half a cupful of cold water, which perfects the clearing. Place on the back of the range, where the coffee will not boil, and let stand for five minutes. Serve with cut sugar and thin cream or scalded milk.

Pop-Overs

Mix one cupful of pastry flour (once sifted) and one fourth of a teaspoonful of salt. Add gradually while stirring constantly seven eighths of a cupful of milk in order to obtain a smooth batter. Add two eggs, beaten until light, and half a teaspoonful of melted butter. Beat two min-



The Crisp and Golden Waffle is Always Popular for Breakfast



Pop-Overs and Raised Hominy Muffins

utes, using an egg beater. Turn into hot buttered earthen cups (which come for the purpose), and bake in a hot oven from thirty to thirty-five minutes. Hot buttered iron gem-pans may be used if one is not the possessor of the pop-over cups.

Blueberry Cake

Cream one fourth of a cupful of butter and add gradually one third of a cupful of sugar, and one egg, well beaten. Mix and sift two and one third cupfuls of pastry flour, four teaspoonfuls of baking-powder (always level measurements) and half a teaspoonful of salt. Add to the first mixture alternately with one cupful of milk; then add one cupful of berries mixed with one third of a cupful of flour. Turn into a buttered dripping-pan and bake in a moderate oven thirty minutes.

Raised Hominy Muffins

Mix one cupful of warm cooked hominy mush, one fourth of a cupful of butter, one cupful of scalded milk, three tablespoonfuls of sugar and half a teaspoonful of salt. When lukewarm add one fourth of an yeast cake dissolved in one fourth of a cupful of lukewarm water. Cover and let rise over night. In the morning cut down, fill hot buttered gem-pans two thirds full, let rise, and bake in a moderate oven.

Waffles with Maple Syrup

Mix and sift one and three fourths cupfuls of flour, three teaspoonfuls of baking-powder, and one half teaspoonful of salt; add gradually one cupful of milk, the yolks of two eggs well beaten, one tablespoonful of melted butter, and the whites of two eggs, beaten stiff. Cook on a greased hot waffle-iron and serve at once with maple syrup. A waffle-iron should fit closely on the range, be well heated on one side, turned, heated on the other side,

boiling water in the top of the double boiler on the front of the range. Add one and one half teaspoonfuls of salt and then add very gradually, while stirring constantly, one cupful of the preparation. Let this boil for five minutes, then steam in a double boiler from thirty to forty-five minutes. Serve with sugar, cream and fresh fruit, using strawberries, raspberries, sliced peaches or baked sweet apples.

Boiled Breakfast Coffee

Isn't a cup of perfect coffee altogether too rare? Cooks are often not careful in correct proportions, or again they let it boil too long or stand too long. What may be said of the late comers who are not well served! More often than not he who is late to breakfast doesn't deserve to be well served. Scald a graniteware coffee-pot. Wash one egg, break and beat slightly. Dilute with half a cupful of cold water, add the crushed shell, and mix with one cupful of ground coffee. Turn into the coffee-pot, pour on six cupfuls of boiling water, and stir. Place on the front of the range; bring to the boiling point and let boil for three minutes. The spout of the pot should be covered or stuffed with soft paper. Stir and pour some in a cup to be

farmer, who rises before the sun, having performed his wonted tasks, sits down to his breakfast at five or six o'clock with a strong appetite. The enterprising business man, not called forth to labor at so early an hour, does not break his fast, perhaps, until seven, and then with a lighter meal, while the professional man often rises much later, content with his morning cereal, coffee and rolls.

Among well-to-do people the tendency for a simple breakfast is growing more and more universal. Those who are served with a tempting luncheon, near the middle of the day, and a course dinner at night, seldom feel the need of a hearty morning meal.

I am always a bit surprised when I do not find fruit and cereal included in a breakfast menu, for they seem to be among the indispensables. With coffee, toast, muffins, rolls, biscuits, waffles, or the like, they furnish for me an ideal breakfast. Let it be remembered that cereals are an inexpensive nutritious food, their deficiency in fat being supplied by the cream served with them. Where cereals have not proved popular it is usually due to the fact that they have been improperly cooked, or have been served with poor milk rather than with rich milk or thin cream.

What about coffee drinking? There are doubtless many of nervous temperament who would better let coffee alone, as well as tea and alcoholic stimulants, but a single cup of coffee with the morning meal does not prove harmful to the average person, while an excessive use of this beverage is sure to cause most disastrous results.

Cereal with Fruit

To return to the subject of breakfast cereals let it be said that at the present time so great is the number upon the market that one has an extensive variety from which to choose and to avoid monotony never allow the same preparation to appear on consecutive mornings. Breakfast cereals are usually put up in one or two pound packages, almost all of them having been partially cooked. Printed directions are given for the cooking, the time for which is always insufficient. All the

Baked Chicken, with French-Fried Potatoes, Smothered Tomatoes and Parsley



"Old-fashioned poetry, but choicely good"

—Isaac Walton

"With Whom is no Variableness, Neither
Shadow of Turning"

It fortifies my soul to know
That, though I perish, Truth is so:
That, howsoever I stray and range,
Whate'er I do, Thou dost not change.
I steadier step when I recall
That, if I slip, Thou dost not fall.
Arthur Hugh Clough.
(1819-1861)

The "Old, Old Song"

When all the world is young, lad,
And all the trees are green;
And every goose a swan, lad,
And every lass a queen;
Then hey for boot and horse, lad,
And round the world away;
Young blood must have its course, lad,
And every dog his day.

When all the world is old, lad,
And all the trees are brown;
And all the sport is stale, lad,
And all the wheels run down;
Creep home, and take your place there,
The spent and maimed among;
God grant you find one face there
You loved when all was young.
Charles Kingsley.
(1819-1875)

Under My Window

Under my window, under my window,
All in the Midsummer weather,
Three little girls with fluttering curls
Flit to and fro together:—
There's Bell with her bonnet of satin sheen,
And Maud with her mantle of silver-green,
And Kate with her scarlet feather.

Under my window, under my window,
Leaning stealthily over,
Merry and clear, the voice I hear,
Of each glad-hearted rover.
Ah! sly little Kate, she steals my roses;
And Maud and Bell twine wreaths and
posies,
As merry as bees in clover.

Under my window, under my window,
In the blue-Midsummer weather,
Stealing slow, on a hushed tiptoe,
I catch them all together:—
Bell with her bonnet of satin sheen,
And Maud with her mantle of silver-green,
And Kate with the scarlet feather.

Under my window, under my window,
And off through the orchard closes;
While Maud she flouts, and Bell she pouts,
They scamper and drop their posies;
But dear little Kate takes naught amiss,
And leaps in my arms with a loving kiss,
And I give her all my love.
Thomas Westwood.
(1814—)

I Lay in Sorrow, Deep Distressed

I lay in sorrow, deep distressed:
My grief a proud man heard;
His looks were cold, he gave me gold,
But not a kindly word.
My sorrow passed,—I paid him back
The gold he gave to me;
Then stood erect and spoke my thanks,
And blessed his Charity.

I lay in want, in grief and pain:
A poor man passed my way;
He bound my head, he gave me bread,
He watched me night and day.
How shall I pay him back again,
For all he did to me?
Oh, gold is great, but greater far
Is heavenly Sympathy!
Charles Mackay.
(1812-1889)

Where Lies the Land?

Where lies the land to which the ship
would go?
Far, far ahead, is all her seamen know.
And where the land she travels from?
Away,
Far, far behind, is all that they can say.
On sunny noons upon the deck's smooth
face,
Linked arm in arm, how pleasant here to
pace;
Or, o'er the stern reclining, watch below
The foaming wake far widening as we go.
On stormy nights when wild northwesterners
rave,
How proud a thing to fight with wind and
wave!
The dripping sailor on the reeling mast
Exults to bear, and scorns to wish it past.

Where lies the land to which the ship
would go?
Far, far ahead, is all her seamen know.
And where the land she travels from?
Away,
Far, far behind, is all that they can say.
Arthur Hugh Clough.
(1819-1861)

The Fairies

Up the airy mountain,
Down the rushy glen,
We daren't go a-hunting
For fear of little men;
Wee folk, good folk,
Trooping all together;
Green jacket, red cap,
And white owl's feather!

Down along the rocky shore
Some make their home,—
They live on crispy pancakes
Of yellow tide-foam:
Some in the reeds
Of the black mountain-lake,
With frogs for their watch-dogs,
All night awake.

High on the hill-top
The old King sits;
He is now so old and gray
He's nigh lost his wits,
With a bridge of white mist
Columbkil he crosses,
On his stately journeys
From Slieveleague to Rosses;
Or going up with music
On cold starry nights,
To sup with the queen
Of the gay Northern Lights.

They stole little Bridget
For seven years long;
When she came down again
Her friends were all gone.
They took her lightly back,
Between the night and morning;
They thought that she was fast asleep,
But she was dead with sorrow.
They have kept her ever since
Deep within the lakes,
On a bed of flag-leaves,
Watching till she wakes.
By the craggy hillside,
Through the mosses bare,
They have planted thorn-trees
For pleasure here and there.
Is any man so daring
To dig one up in spite,
He shall find the thornies set
In his bed at night.

Up the airy mountain,
Down the rushy glen,
We daren't go a-hunting
For fear of little men;
Wee folk, good folk,
Trooping all together;
Green jacket, red cap,
And white owl's feather!

William Allingham.
(1828-1889)

Baby's Shoes

O, those little, those little blue shoes!
Those shoes that no little feet use.
O, the price were high
That those shoes would buy,
Those little blue unused shoes!
For they hold the small shape of feet,
That no more their mother's eyes meet,
That, by God's good will,
Years since, grew still,
And ceased from their totter so sweet.
And O, since that baby slept,
So hushed, how the mother has kept,
With a tearful pleasure,
That little dear treasure,
And o'er them thought and wept!
For they mind her forevermore
Of a patter along the floor;
And blue eyes she sees
Look up from her knees,
With the look that in life they wore.
As they lie before her there,
There babbles from chair to chair
A little sweet face
That's a gleam in the place,
With its little gold curls of hair.
Then O wonder not that her heart
From all else would rather part
Than those tiny blue shoes
That no little feet use,
And whose sight makes such fond tears
start!

William Cox Bennett.
(1820—)

The End of Life

We live in deeds, not years; in thoughts,
Not in breaths;
In feelings, not in figures on a dial.
We should count time by heart-throbs. He
most lives
Who thinks most, feels the noblest, acts
the best.
And he whose heart beats quickest lives
the longest;
Lives in one hour more than in years do
some.
Whose fat blood sleeps as it slips along
their veins.
Life is but a means unto an end; that end,
Beginning, mean, and end to all things,—
God.
The dead have all the glory of the world.
Philip James Bailey.
(1816—)

HEINZ

The Name that Guarantees Pure Vinegar



"The Girl in the White Cap"
will send you a helpful booklet
about vinegar if you write for it.

So common has adulteration become that
there is but one safe way for the average house-
wife to buy vinegar, and that is—*by name*.

The name of HEINZ on food products
carries with it a guarantee of absolute purity
and wholesomeness. On vinegar it assures
the purchaser of the finest quality nature, skill
and superior equipment can produce.

We make three kinds—Malt Vinegar for
table use and salad dressing; White Pickling
for pickling and preserving, also excellent for
the table; Cider Vinegar for those who prefer it.

None of these contains an atom of impurity
or adulteration; each is the finest of its class,
exceeding in strength and purity the require-
ments of all state and government pure food
authorities.

Heinz Malt Vinegar is brewed in a special
manner from selected barley malt. Its deli-
cious aroma and smoothness make it indispensa-
ble where fine flavor is desired.

You can buy Heinz Pure Vinegar at any
reliable grocer's in sealed bottles or by measure.
But be sure you are protected by the name
HEINZ, for vinegar is an article easily
substituted.

Heinz Vinegars with Heinz Pure
Olive Oil make a salad combina-
tion unsurpassed. Others of the
57 Varieties are Heinz Sweet
Pickles, Chow Chow, India Relish,
Preserved Fruit, Baked Beans, etc.

H. J. HEINZ COMPANY,

New York
Chicago

Pittsburgh
London



LABLACHE

FACE POWDER

PURE AS THE BLOSSOMS

to which Lablache Face Powder owes its delicate perfume. Its users run no risk of injury to their complexions because nothing but healthful, soothing, skin-nourishing ingredients are used in its manufacture.

not only cures sunburn and red, rough skin, caused by excessive perspiration during summer's heat, but it prevents such disagreeable conditions if applied before exposure to the sun and at other times during the warm weather. If you use Lablache Face Powder you will not need to wear a veil or abstain from exercise that causes perspiration in order to have a clear, clean, healthy complexion during this most trying season.

Refuse substitutes. They may be dangerous. Flesh, White, Pink, or Cream, 50c. a box, of druggists or by mail. Send 10c. for sample.

BEN LEVY & CO., French Perfumers, Dept. 8, 128 Kingston St., Boston.

The Corslette

A Back and Bust Supporter.




Corrects figure faults; overcomes the trials of ill fitting corsets; worn with or without a corset and instead of corset cover. The Corslette was created by one of the leading Custom Corset-makers of New York. Unexcelled for bathing; holds the form without a corset; allows freedom of motion. If you wear a 42 Corslet Cover the Corslette will produce a 38 fit.

It is a boon for the stout. A helper for the slender, heightens beauty of the medium figure. It holds the bust high or low and prevents the flesh overriding corset. Is elegantly made of fine Batiste. Has flexible boning, no hard seams, laces in front, fast elastic webbed back. Can be washed. Fits any figure, is comfortable for every form, nothing harnesslike or clumsy about it in appearance or feeling. Enhances fit of the Princess Gown.

Unexcelled for bathing; holds the form without a corset; allows freedom of motion. Specially adapted for young misses or ladies who do not wear corsets. No fitting required. Send exact bust measurement.

GUARANTEED TO MEET OUR CLAIMS.

Price: \$1.00 Single Boned, \$1.50 Double Boned, \$3.00 Double Boned Silk Elastic Back, \$3.00 Double Boned Special deep, \$3.00-4.00 Double Boned Embroidery Front.

Women are enthusiastic over the Corslette, so simple, yet so effective. It accomplishes so much, that all marvel at the great results. Until your dealer can supply you send to:

ARTHUR FRANKENSTEIN & CO., 312 Broadway, New York.

Address communications to Mme. MEYERS, Dept. Mgr.



A drink of
Coca-Cola
by the wayside
turns a summer's outing
into an idyl.

It quenches
thirst deliciously; is a mild
refreshing
stimulant, and
brightens the
faculties for
the complete
enjoyment of
every form of
recreation.

ON SALE
AT ALL
FOUNTS
(and carbonat-
ed in bottles.)

5c.

The Latest in Fads and Frills

By Grace Margaret Gould



A Neck Ribbon Tied in this Way
Makes a Fascinating Beauty Touch

If you haven't a beauty touch or two you are not living up to your reputation as a summer girl. The New York girl regards them as absolutely indispensable to her summer wardrobe. Perhaps you think a beauty touch is something to make a pink glow in your cheeks, or a brighter sparkle in your eyes, but it isn't. Oh, dear, no! It has nothing to do with a complexion beautifier—it is merely the telling little fashion touch which, by its becomingness, adds much to your good looks. Of course, they are important—these original, seductive little beauty touches, and it is easy enough to see why any summer girl is anxious to add them to her wardrobe.

A beauty touch is often just the outward expression of the thought of an individual girl. It may be the new arrangement of a wing on her hat, or the way a ribbon is tied about her throat. Or perhaps it is just in the adjustment and the selection of her veil, or some fascinating little accessory in the way of a collar or a ruff that she adds to her frock. But, whatever it is, it must be remembered that to rightfully lay claim to its name it must add a new charm to the wearer.

A very successful beauty touch consists of chiffon streamers added to a lingerie hat. Every summer girl needs one or two washable linen hats made with a brim of embroidery. The most serviceable are those which have a buttoned-on crown, as they are so much easier to launder. Now a hat of this sort may have more than one

loosely under the chin, and having ends long enough to float off gracefully; and in addition, the hat itself may have a bit of a pink-velvet bow wired just sufficiently so that it has the effect of alighting in butterfly fashion on the brim. If the gown happens to be pale yellow, delicate blue, or faint green, then the clever girl selects her chiffon streamers and little bow so that they match it in tint. These beauty touches need only be tried to prove their value.

The girl who found the pony jacket the most becoming coat she could wear last spring is wise if she copies the jaunty little model in linen and embroidery for warm-weather wear. A most fetching linen



A Smart Way to Trim a Sailor Hat

a flat rever collar of lace. It will also look effective made entirely of lace over a silk foundation.

The girl who is never satisfied with the way her hair looks at the back will welcome a beauty touch seen in many of the newest hats. It consists of a cachepeigne of ribbon loops and ends of graduated lengths, and is tucked in at the back of the hat, falling so that it covers the back of the head. It is wise to have one or two adjustable cachepeignes of this sort in different shades of ribbon to wear with one hat. More than one rosette will also be useful in adding a beauty touch to a hat, and changing its effect at the same time.

A chic way of trimming a sailor hat is to use both the cachepeigne of ribbon loops and the rosette. Take a little sailor shape, for instance, of pale-blue chip. Use for its trimming a delicate gray wing; fasten the wing to the right side of the crown with two flat rosettes of white maline, edged with a narrow little plaiting of silver ribbon. The wing should be caught between the rosettes. Now, to give the hat the character it needs, add a beauty touch of many loops of black-velvet ribbon at the back.

Almost every girl will find that a narrow black-velvet ribbon tied about her neck is becoming. Since the neck ribbon has been known as a beauty touch it has been tied in many new ways. The most fetching is to tie the bow at the left side instead of at the back, and to have the ends rather long, letting one hang down in front and one fall over the left shoulder.



These Beauty Touches Will Add Much to the Picturesqueness of the Summer Girl

pony coat can be made of embroidery, strapped with bands of stitched white linen. It should fasten in single-breasted style, with big pearl detachable buttons. The sleeves should be short, and the coat held into the figure at the waist by an inside belt. Of course, the coat is unlined, and will launder satisfactorily. Such a little garment, if worn by the girl whose figure it suits, has the right to be classed among her beauty touches.

There are any number of beauty touches in the way of lingerie collars, tulle and malinette neck-ruffs this summer. The adjustable fancy collar, which is illustrated on this page, acts as a shoulder wrap, and is a bit more original than the average, and extremely simple to make. It is just the sort of a beauty touch to be worn by the girl who finds the fluffy, full neck-ruff unbecoming. In the back it is shaped like a deep collar which comes to a point, and is finished with a little tassel. In front it lays flat, and tapers toward the ends. It can be made from one third of a yard of material, if it is forty-five inches wide. This little shoulder wrap looks its prettiest made of silk with



This Carved Ivory Watch Fob is Too Hideous to be a Beauty Touch, but it's Fashionable Just the Same

or two beauty touches, adjustable ones, that can be put on for different occasions. For instance, if the hat is to be worn with a white dotted swiss gown scattered with a design of pink roses, the beauty touch may consist of pale-pink chiffon streamers knotted



The Latest Design for a Silk Shoulder Wrap